Forming Stronger Relationships with Students and the School Community

Thursday, March 2, 2023
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Wellness Together School Mental Health
Our Journey Today

● “What’s wrong with them?” vs. “What’s happened to them?”
● Who was your person?
● Being there vs. Being with
● Four Tools to Strengthen Communication and Relationships
“People are the most valuable thing on earth.”
“But what if they are also the most dangerous?”
Life’s two Biggest Questions

Who am I? & What am I worth?
Life’s two Biggest Questions
We get to answer those questions for our students. Everyday.
The Trauma-Informed Shift
The Trauma-Informed Shift

What’s wrong with that student?
The Trauma-Informed Shift

What’s wrong with that student? to What’s happened to that student?
The Impact of Supportive Relationships
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- “No significant learning occurs without a significant relationship.” -Dr. James Comer
“No significant learning occurs without a significant relationship.” -Dr. James Comer

If a student perceives a positive relationship is not a possibility, they will often settle for a negative one rather than nothing at all.
The Impact of Supportive Relationships
Who was most positively influential for you growing up and why?

Share in the chat!
● Ever drove home and realize you were on autopilot the whole time?
Being there vs. Being with

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- People, especially students, know when we are somewhere else.
Being there vs. Being with

• Ever drove home and realize you were on autopilot the whole time?

• People, especially students, know when we are somewhere else.

• When we are somewhere else, we are not at our best.
Being there vs. Being with
Being there vs. Being with
Being there vs. Being with

i'm sad

i'm sorry and i'm here for you
Being there vs. Being with

'i'm sad

i'm sorry and i'm here for you

aren't you going to tell me to cheer up, people always tell me to cheer up
Being there vs. Being with

1. i'm sad

2. i'm sorry and i'm here for you

3. aren't you going to tell me to cheer up, people always tell me to cheer up

4. no, i still like you when you're sad
Being there vs. Being with
Being there vs. Being with
Being there vs. Being with

3rd Annual Mental Health Webinar Series

WellnessTogether.org
School Mental Health
Being there vs. Being with
“Remember what it was like when you were growing up.”
Being there vs. Being with

How to practice:
How to practice:

Take at least 1 minute and follow your breath
Four Tools to Strengthen Communication and Relationships
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Tool #1: Dr. Ruby Payne’s 3 Voices
Four Tools to Strengthen Communication and Relationships

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- **Child Voice- “Me language”**
  - Defensive, victimized, emotional, whining, losing attitude, strongly negative, non-verbal
Four Tools to Strengthen Communication and Relationships

Tool #1: Dr. Ruby Payne’s 3 Voices

- **Parent Voice- “Should Language”**
  - Authoritative, directive, judgmental, evaluative, win-lose mentality, demanding, punitive, sometimes threatening
Four Tools to Strengthen Communication and Relationships

Tool #1: Dr. Ruby Payne’s 3 Voices

- Adult Voice- “Choice Language”
  - Non-judgmental, free of negative non-verbal, factual, often in question format, attitude of win-win
### The 3 Voices
**By Dr. Ruby Payne**

<table>
<thead>
<tr>
<th></th>
<th>Child</th>
<th>Parent</th>
<th>Adult</th>
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<td></td>
<td>Defensive, victimized, emotional, whining, losing attitude, strongly negative, non-verbal.</td>
<td>Authoritative, directive, judgmental, evaluative, win-lose mentality, demanding, punitive, sometimes threatening.</td>
<td>Non-judgmental, free of negative non-verbal, factual, often in question format, attitude of win-win.</td>
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<td>- Quit picking on me.</td>
<td>- You shouldn’t do that.</td>
<td>- In what ways able to resolve?</td>
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<td>- You made me do it.</td>
<td>- Life’s not fair. Get busy.</td>
<td>- What are choices in this situation?</td>
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<td></td>
<td>- I hate you.</td>
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*Handout available with slides*
Four Tools to Strengthen Communication and Relationships

Tool #2: Find the Hidden Meaning
Tool #2: Find the Hidden Message

Guess the true message under these statements:
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Tool #2: Find the Hidden Message

Guess the true message under these statements:

- “🤬🤬🤬🤬🤬🤬 this school! I hate it here.”
- “I don’t care if you give me detention!”
Tool #2: Find the Hidden Message

Guess the true message under these statements:

- “🤬🤬🤬🤬🤬🤬 this school! I hate it here.”
- “I don’t care if you give me detention!”
- “You guys just want to get me in trouble.”
Tool #2: Find the Hidden Message

Guess the true message under these statements from staff or family members:
Four Tools to Strengthen Communication and Relationships

Tool #2: Find the Hidden Message

Guess the true message under these statements from staff or family members:

- “Why can’t you guys just deal with my kid?”
- “That’s never going to work for her.”
- Staff: “I’m already doing twice as much!”
Four Tools to Strengthen Communication and Relationships

Tool #3: Open Dialogue
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- Focus dialogue on the person and their experience before problem solving
Four Tools to Strengthen Communication and Relationships

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Four Tools to Strengthen Communication and Relationships

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- Communicate your ground rules:
  - Anger is okay. Aggression is not. (Assertiveness)
  - Use “I” Statements (I am feeling ____ when ____.)
Four Tools to Strengthen Communication and Relationships

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  - Use “I” Statements (I am feeling ____ when when ____)
- Active listening and validation
- Offer a future time to revisit the issue (Choice)
Four Tools to Strengthen Communication and Relationships

Tool #4: Create Agreements
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Four Tools to Strengthen Communication and Relationships

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Four Tools to Strengthen Communication and Relationships

- Tool #1: The Three Voices
- Tool #2: Find the Hidden Message
- Tool #3: Open Dialogue
- Tool #4: Create Agreements
QUESTIONS & RESPONSE
Grateful to serve students & families with you!

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